

# WETHERSFIELD PARKS & RECREATION PROGRAMS & REGISTRATION



## 2016

INCLUDES INFORMATION FOR:  
SENIOR CENTER  
KEANE AFTER SCHOOL  
SOCIAL & YOUTH SERVICES

Programs subject to change based on WHS renovation.  
Registration for residents and Friends of the Nature Center  
begins Wednesday, August 31<sup>st</sup> and for non-residents on  
Thursday, September 1<sup>st</sup> at 8:00 a.m.

### INSIDE

9/11 Memorial Sports Center .....	16
After School Programs .....	begin 16
Aquatics .....	11
Arts Programs .....	3
Cancellations .....	22
Early Childhood/TLC Preschool .....	3&4
Facilities .....	2
Financial Assistance .....	22
Fitness for Adults .....	begin 13
Nature Center .....	begin 4
Registration Form .....	back cover
Registration Policies .....	22
Senior Center Programs .....	begin 8
Financial Assistance .....	22
Social & Youth Services Programs ..	7
Sports for Youth .....	begin 6
Therapeutic Recreation .....	12
Youth Services Programs .....	7
Youth Services a.s.A.p. ....	15

### ADVISORY BOARD

Thomas Ragonese, *Chair*  
Michael Bisi  
William Derech, Jr.  
Jordan Dikegoros  
Richard Lepore  
Stathis Manousos  
Thomas Mull  
Dan Silbo  
Michael Hurley, *Council Liaison*

### STAFF

Kathleen Bagley, *Director*  
Salvatore Cucia, *Assistant Director*  
Mary D'Alesandro, *Office Manager*  
Kathy Griswold, *Technical Assistant*  
Natalie Morrison, *Therapeutic  
Recreation Supervisor*  
Rachael Sunny, *Recreation  
Supervisor*  
Patrick Telman, *Nature Center*  
Mary Thibeault, *Recreation  
Supervisor II*  
Joselyn Valente, *Technical Assistant*  
Patrick Carlino, *Custodian*  
Tom Nowak, *Custodian*

### CONTACT

Parks & Recreation Department  
505 Silas Deane Highway  
860-721-2890  
[rec.activities@wethersfieldct.gov](mailto:rec.activities@wethersfieldct.gov)  
William J. Pitkin Community Center  
30 Greenfield Street  
860-721-2950  
[community.center@wethersfieldct.gov](mailto:community.center@wethersfieldct.gov)  
Eleanor Buck Wolf Nature Center  
156 Prospect Street  
860-721-2980  
[nature.center@wethersfieldct.gov](mailto:nature.center@wethersfieldct.gov)

### WEBSITE

[wethersfieldct.gov/recreation](http://wethersfieldct.gov/recreation)

# Facilities

## WILLIAM J. PITKIN COMMUNITY CENTER

30 Greenfield Street. Houses the Senior Center, Wethersfield Community Television, 9/11 Memorial Sports Center, The Learning Circle Preschool and many other programs. Rooms may be rented for wedding receptions, anniversaries, birthdays, meetings, fundraisers, etc. The facility is a designated shelter during town-wide emergencies.

## 9/11 MEMORIAL SPORTS CENTER

30 Greenfield Street. Gym, fitness room, and meeting room with wireless internet access in the Pitkin Community Center. Gymnasium and meeting room may be rented. Developed in partnership with the Keane Foundation, this area displays steel recovered from the ruins of the World Trade Center.

## BACKMAN POOL

### AT WETHERSFIELD HIGH SCHOOL

Due to the current renovation project at Wethersfield High School, the Backman Pool is temporarily unavailable. Once the renovation is complete, the pool will re-open for public swim. Lessons will not be offered this fall. An alternative pool facility is being sought for the indoor Barracudas Swim Team. Please see page 11 for more information.

## ELEANOR BUCK WOLF NATURE CENTER

156 Prospect Street. An environmental education center in Mill Woods operated with member support. Exhibits, live animals, gift shop, educational programs, rentals, parties and volunteer opportunities. For visiting hours and admission, please see Eleanor Buck Wolf Nature Center on page 4.

## SOLOMON WELLES HOUSE

220 Hartford Avenue. A historic house built in 1774 overlooking Wethersfield Cove. Residents and local businesses may rent this facility for meetings and small parties up to 52 people.

## MILL WOODS PARK

Prospect Street at Wolcott Hill Road. Features a skatepark, bocce courts, lighted tennis & basketball courts, sports fields, picnic area, walking paths, playgrounds, a dog park, the Eleanor Buck Wolf Nature Center and Loretta's Dream Picnic Pavilion.

## STANDISH PARK

Garden Street & Hartford Avenue. Features Mikey's Place (two universally accessible playscapes for toddlers and older children), basketball court, baseball field, and tennis courts.

## WINTERGREEN WOODS

Folly Brook Boulevard & Eagle Drive. Features walking trails through 110 acres of forest and wetlands. The Heritage Way Bikeway/Pedestrian Path connects to other parks.

## HERITAGE WAY BIKEWAY/PEDESTRIAN PATH

10 mile bike trail on existing streets and off-road paths connects many town parks, schools, and open spaces. Map is available online.

# Special Events

## KEANE FOUNDATION

### PICNIC OF REMEMBRANCE

Sunday, 9/11, 5:00-7:00P, Broad Street Green. Everyone is invited to the Richard M. Keane Foundation's Annual Family Picnic to remember those who died on September 11, 2001, and to thank foundation volunteers and supporters. The band Prelude will perform. Bring a blanket or chairs and a picnic supper. *Fancy tables* are encouraged!

## WETHERSFIELD COVE & CONNECTICUT RIVER SOURCE-TO-SEA CLEAN-UP

Saturday, 9/24, 8:00-11:00A, Cove Park boat launch, Main Street. Participate in the Connecticut River Watershed Council's annual clean-up with the Eleanor Buck Wolf Nature Center. Individuals, boaters, groups and sponsors are needed to help pick up litter on and around the water. Walk-ins accepted, RSVP is appreciated at 860-721-2890 (underage volunteers require parental permission forms).

## WETHERSFIELD SPOOKTACULAR TRUNK-OR-TREAT!

Saturday, October 29<sup>th</sup>

Rain date is Sunday, October 30<sup>th</sup>  
12:00-2:00P

Pitkin Community Center  
30 Greenfield Street.

Trunk or Treat is a fun, safe, free, interactive Halloween event. It is similar to trick or treating in your own neighborhood, but the houses are so much closer. Register for a parking space, come decorate your trunk and bring treats to give out, have some fun and trick or treat from car to car. Prizes will be awarded to families for the best decorated trunks. We will also have Halloween stories and crafts and dance party fun with the Wethersfield Library, an inflatable bounce house from Innovative Inflatables, face painting and so much more. **There are only 100 parking spots available, so do not wait to register for your space. Pre-registration for a parking space is required.** You may register by calling the Community Center at 860 721-2950, beginning on Monday, October 3, 2016. Sponsored by Wethersfield Parks and Recreation, in conjunction with the Wethersfield Public Library, Wethersfield Social and Youth Services Department and Wethersfield Police Department.



## SANTA'S PANCAKE BREAKFAST

Saturday, 12/3, 8:00A-12:00P, Pitkin Community Center. Join us this holiday season for a delightful pancake breakfast and visit with Santa. Enjoy a horse-drawn carriage ride, face painting and the big red fire truck.

Fee: \$6 per person. Co-sponsored by MDC. All proceeds benefit town programs for special needs.

***During this season of giving, please consider donating non-perishable food to the Food Bank and/or unwrapped toys for the Wethersfield Police Department Toy Drive. Staff will be accepting donations for both during this event.***



## HOLIDAYS ON MAIN & TREE LIGHTING

Thursday, 12/1, 5:00-9:00P. The Wethersfield Chamber of Commerce and the Town of Wethersfield invite everyone to the annual festive evening of fun family activities including visits with Santa, horse and wagon rides, and the annual tree-lighting at 6:15 PM. Check out the silent auction in the Webb Barn which benefits local organizations. For silent auction donations or additional information, contact Wethersfield Chamber of Commerce at 860-721-6200.



## DECEMBER SCHOOL VACATION PROGRAMS

Nature Center, sports for youth, 9/11 Memorial Sports Center and Therapeutic Recreation will offer programs during the schools' holiday recess. Details will be posted online and distributed through Wethersfield schools in late November. **Please see pages 5 and 6 for a list of the programs that the Nature Center will be offering.**

## Arts Programs

### WETHERSFIELD TEEN THEATER COMPANY

Open to anyone ages 11-22 years old. This program provides an opportunity to learn about theater by taking responsibility for the business and creative aspects of running the theater company and producing a summer musical. Contact Parks & Recreation for more information.



## Early Childhood

### TLC PLAYGROUP

Ages 1½ - 3½. With parent or caregiver. Provide children an opportunity to play with others their own age. This is a child's first introduction to organized preschool activities while still in the company of a parent or caregiver. Circle time, exercise activities, songs, show-n-tell, free play, arts and crafts, field trips and more. Quarterly payments permitted. Min/Max: 10/25. Pitkin Community Center. No class 10/10, 11/11, 11/23, 11/25, 12/23, 12/30.

Date	Day	Time	Res/NonRes	Code
9/12-12/19	M	9:00-11:00A	\$100/\$120	210080-01
9/14-12/21	W	9:00-11:00A	\$100/\$120	210080-02
9/16-1/13	F	9:00-11:00A	\$100/\$120	210080-03

### THE LEARNING CIRCLE - THRILLING 3'S

Ages 3-4. A state-licensed preschool for children. Sandra Davis, Director. Space is still available in our state-licensed preschool for three and four year olds. This program is designed to foster individual growth in all areas of development with emphasis on social, emotional, physical and cognitive abilities. Promotes school readiness skills in a creative and resourceful atmosphere. Includes learning centers, table time, science and nature activities, arts and crafts, circle time, gym time, outdoor fun and more. Min/Max: 10/36. Pitkin Community Center. No class 11/8, 11/24, 12/20-12/29, 1/17, 2/21, 4/11, 4/13.

Date	Day	Time	Res/NonRes	Code
9/6-5/25	Tu,Th	9:00-11:30A	\$1400/\$1450	210128-01
<i>Due at registration: \$350/\$370</i>				

### THE LEARNING CIRCLE - FEARLESS 4'S

Ages 4-5. State-licensed preschool. Sandra Davis, Director. Designed to foster individual growth in all areas of development with emphasis on social, emotional, physical and cognitive abilities. Promotes school readiness skills in a creative and resourceful atmosphere. Includes learning centers, table time, science and nature activities, arts and crafts, circle time, gym time, and outdoor fun. Quarterly payments permitted. Min/Max: 12/40. Pitkin Community Center. No class 10/10, 11/8, 11/23, 11/24, 12/19-1/2, 1/16-1/18, 2/20, 2/21, 4/10-4/13.

Date	Day	Time	Res/NonRes	Code
9/6-5/25	M-Th	12:00-2:30P	\$1850/\$1875	210148-01
<i>Due at registration: \$470/\$480</i>				

**FOR A LIST OF THE EARLY CHILDHOOD CLASSES THE NATURE CENTER OFFERS PLEASE SEE PAGE 4.**



# Eleanor Buck Wolf Nature Center

## VISITOR INFORMATION

Open Tuesday - Saturday 10:00A-5:00P. **Closed 8/21-9/6.** Features hands-on exhibits, live animals, gift shop, picnic areas, and walking trails in Mill Woods Park. Suggested donation \$3. Free to Friends members.

Rentals, parties, volunteer opportunities, lectures, field trips, and outreach programs are at [www.ebwnaturecenter.org](http://www.ebwnaturecenter.org) or like "ebwnaturecenter" on Facebook.



## FRIENDS OF THE ELEANOR BUCK WOLF NATURE CENTER

The Friends of the Nature Center are an independent, member-supported, non-profit which promotes ecology education through programs, events, and scholarships. Friends of the Nature Center meet on the third Tuesday of each month 7:00-9:00P. Members visit the Nature Center for free, receive program discounts, early registration, etc. For more info visit [www.friendsofebwnaturecenter.org](http://www.friendsofebwnaturecenter.org). **To join or renew when registering for programs, use the Friends of the Eleanor Buck Wolf Nature Center Supplemental Form on page 23.**



## OUTREACH PROGRAMS

The Nature Center gives students or adults the opportunity to visit the animals that live at the Nature Center as well as experience nature through activities provided by the staff. A variety of programs (including live animals) can be presented at your school or organization.

## BOOK YOUR SCOUT GROUP

Boy Scout and Girl Scout troops may schedule programs after school or on weekends that are seasonally and age appropriate (insects, flowers, forestry, etc). Programs are subject to availability and run 1-1.5 hours in length. For more information contact the Nature Center.

## SCHOOL FIELD TRIPS

The Nature Center is a great place for field trips. Staff can design programs that align with the current state science standards.

From living vs non-living to adaptations to plants the staff can provide hands-on learning experiences.



## HOST YOUR NEXT BIRTHDAY PARTY AT THE NATURE CENTER

A birthday party at the Eleanor Buck Wolf Nature Center is a great way to encourage interest in nature while enjoying the conveniences of a party outside your home. Staff will assist with set-up and clean-up, greet guests, and lead hands-on activities with animals. Parties are two hours and flexible scheduling is offered. Fee is \$150 for Friends of the Nature Center and \$175 for non-members. For more information contact the Nature Center.



## Early Childhood

### NATURE SCHOOL – TADPOLES

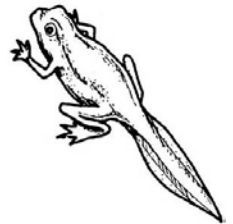
Age 2. Parent/caregiver and child participate in educational and hands-on activities utilizing curriculum focused on the animals that reside at the EBW Nature Center. Using their five senses, children will compare and contrast their anatomy, habitat and diet to the reptiles, mammals, birds, fish and amphibians at the Nature Center. Activities include literacy, music and art connections as well as outdoor exploration. Circle time and games will help develop social skills and engage curiosity about the natural world. Financial assistance available. Min/Max: 4/10. No class 12/20&12/27.



Date	Day	Time	Friends/Other	Code
9/20-11/1	Tu	10:00-11:30A	\$55/\$65	206081-01
11/29-1/24	Tu	10:00-11:30A	\$55/\$65	206081-02

### NATURE SCHOOL - FROGLET

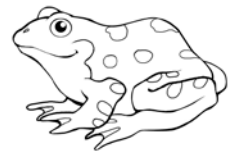
Age 3. Parent/caregiver and child participate in hands-on activities using nationally recognized curriculum *Growing Up Wild*. Activities connect young children to nature and expose them to new math and literacy vocabulary. Through music, movement and art, spark creativity and build on a child's natural affinity towards nature. Each activity will have a take home connection which will enable the participant to continue exploring at home. Financial assistance available. Min/Max: 4/10. No Class 12/21&12/28.



Date	Day	Time	Friends/Other	Code
9/21-11/2	W	10:00-11:30A	\$55/\$65	206082-01
11/30-1/25	W	10:00-11:30A	\$55/\$65	206082-02

### NATURE SCHOOL- FROGS

Ages 4-5. Parent/caregiver and child participate in hands-on activities designed to encourage interest and inquiry into the natural world, as well as foster social, physical and academic skills. Investigate the habitats of Mill Woods Park to learn about the plants and animals they call it home. Visit and learn about the animals at the Nature Center. Circle time, games, music and movement as well as scientific observations and discoveries. Financial assistance available. Min/Max: 4/10. No class 12/23&12/30.



Date	Day	Time	Friends/Other	Code
9/23-11/4	F	10:00-11:30A	\$55/\$65	206084-01
12/2-1/27	F	10:00-11:30A	\$55/\$65	206084-02

### TURKEYS ARE TERRIFIC!

Ages 2-5 with parent/caregiver. Learn about wild turkeys through songs, stories, games and crafts. Visit some of the feathered friends at the Nature Center and take an outdoor walk weather permitting. Bring a snack for story time. Min/Max: 4/10.

Date	Day	Time	Friends/Others	Code
11/18	F	10:00-11:30A	\$3/\$5	306118-01

## ANIMALS AND THE WINTER SOLSTICE

Ages 2-5 with parent/caregiver. Have you noticed the days getting shorter and nights are getting longer? Have you wondered what animals do in the winter to stay safe and warm? Come celebrate the shortest day of the year as we anticipate longer and brighter days to come. Explore the winter solstice through crafts, music, movement, stories and games. Make yummy treats for our animal friends to help them during this time when it is hard to find food. Bring a small snack and dress appropriately for a short outdoor walk. Min/Max 4/10.

Date	Day	Time	Friends/Others	Code
12/20	Tu	10:00-11:30A	\$3/\$5	306085-01

## Family Programs

### FAMILY NATURE CRAFTS

Each week learn to make a different craft using materials from nature. From leaf prints to mobiles and figurines, participants will definitely be inspired. Min/Max: 4/25. Nature Center.

Date	Day	Time	Friends/Others	Code
10/22-11/5	Sat	11:00-12:00P	\$35/\$40	206440-01

### METEOR SHOWER PARTIES

Age 10+. Watch the night sky become illuminated by meteors or "shooting stars." The meteor showers are: October – Orionids, November – Leonids, and December – Geminids. Binoculars, chairs, blankets, and warm beverages recommended. Viewing tips and materials are provided. Walk-ins welcome, but registration is appreciated. Meet at Nature Center. Rain makeup for each party will be the next night. Min/Max: 8/50. Nature Center.

Date	Day	Time	Friends/Others	Code
10/20	Th	7:00-9:00P	\$3/\$5	206210-01
11/16	W	7:00-9:00P	\$3/\$5	306211-01
12/13	Tu	7:00-9:00P	\$3/\$5	306211-02

## Volunteering

Volunteers are an essential part of the Nature Center's daily operations. Summer camps, special event programs, and daily animal care would not be possible without the dedication and commitment of volunteers. If you are interested in becoming a volunteer the first step is to register for Volunteer Orientation training. If you are unable to attend one of the below volunteer orientation dates, stop by the Nature Center to pick-up a volunteer handbook.



### VOLUNTEER ORIENTATION

Ages 13+. Students, adults and interns may volunteer as greeter, gardener, animal caretaker, special events assistant, etc. Orientation introduces the season's programs and special events, on-going and short-term volunteer opportunities, and basic safety training. Please note: For animal care volunteers, the Nature Center requires a minimum of two hours per week, for a minimum of 25 hours during a three month period or academic semester. Min/Max: 1/15. Nature Center.

Date	Day	Time	Res/NonRes	Code
9/15	Th	5:30-6:30P	Free	206140-01
9/22	Th	5:30-6:30P	Free	206140-02

## ADVENTURES IN FALL

Grades K-6. Hands-on ecology lessons, art and literacy connections, animal visits, and outdoor explorations in Mill Woods combine fun and educational experiences during school vacation. Conducted by adult educators with assistant. Early sign in and late sign out options provide extra time for animal visits, crafts, and games, etc. Min/Max: 8/20. Nature Center.

### 11/8 Branches of Our Government

Our government has three branches. Learn how these three branches work together to keep our nation moving forward and protect our natural resources. Our national parks, forests and wildlife refuges were all established by our three branches of government.

Date	Day	Time	Friends/Others	Code
<b>Grades K-2</b>				
11/8	Tu	8:00A-4:30P	\$35/\$40	206003-02
<b>Grades 3-6</b>				
11/8	Tu	8:00A-4:30P	\$35/\$40	206003-03
<b>Extended Hours</b>				
11/8	Tu	7:30-8:00A	\$5/\$5	206003-01
11/8	Tu	4:30-5:30P	\$5/\$5	206003-04

### 11/11 Pioneers and Patriots

Learn about and hear the stories of the first people who explored the new world, survived in the wilderness and founded our new nation.

Date	Day	Time	Friends/Others	Code
<b>Grades K-2</b>				
11/11	F	8:00A-4:30P	\$35/\$40	206004-02
<b>Grades 3-6</b>				
11/11	F	8:00A-4:30P	\$35/\$40	206004-03
<b>Extended Hours</b>				
11/11	F	7:30-8:00A	\$5/\$5	206004-01
11/11	F	4:30-5:30P	\$5/\$5	206004-04



### ELF ON THE SHELF FAIRY HOUSE WORKSHOP

Two of the most popular trends right now – fairy houses and Elf on the Shelf – meet up in this magical workshop. Use your imagination to create a unique fairy house for your Elf on the Shelf using Nature Center craft materials. Min/Max 4/20.

Date	Day	Time	Res/NonRes	Code
12/10	Sa	10:00A-12:00P	\$15/\$20	306187-01

## DECEMBER VACATION ADVENTURES

Grades K-6. Hands-on ecology lessons, art and literacy connections, animal visits, and outdoor explorations in Mill Woods combine fun and educational experiences during school vacation. Conducted by adult educators with assistant. Early sign in and late sign out options provide extra time for animal visits, crafts, and games, etc. Min/Max: 8/20. Nature Center.

### 12/27 - 12/30 Arctic Animals

During the winter many species of animals thrive. Animals have adapted to survive in the snow and the cold over thousands of years. Some of these adaptations allow these animals to survive in the extremes of the Arctic. Learn about these creatures as we experience similar weather.

Date	Day	Time	Friends/Others	Code
<b>Grades K-2</b>				
12/27	T	8:00A-4:30P	\$35/\$40	306005-02
12/28	W	8:00A-4:30P	\$35/\$40	306006-02
12/29	Th	8:00A-4:30P	\$35/\$40	306007-02
12/30	F	8:00A-4:30P	\$35/\$40	306008-02
<b>Grades 3-6</b>				
12/27	T	8:00A-4:30P	\$35/\$40	306005-03
12/28	W	8:00A-4:30P	\$35/\$40	306006-03
12/29	Th	8:00A-4:30P	\$35/\$40	306007-03
12/30	F	8:00A-4:30P	\$35/\$40	306008-03
<b>Extended Hours</b>				
12/27	T	7:30-8:00A	\$5/\$5	306005-01
12/27	T	4:30-5:30P	\$5/\$5	306005-04
12/28	W	7:30-8:00A	\$5/\$5	306006-01
12/28	W	4:30-5:30P	\$5/\$5	306006-04
12/29	Th	7:30-8:00A	\$5/\$5	306007-01
12/29	Th	4:30-5:30P	\$5/\$5	306007-04
12/30	F	7:30-8:00A	\$5/\$5	306008-01
12/30	F	4:30-5:30P	\$5/\$5	306008-04

## Youth Sports Leagues

**Eagles Football & Cheerleading** Flag ages 6-12. Tackle & cheerleading ages 7-14.

[www.wethersfieldyouthfootball.org](http://www.wethersfieldyouthfootball.org)

**Wethersfield GDR Soccer Club** Year round soccer for ages 6-18 (K-12). Info & registration at [www.wethersfieldsoccer.com](http://www.wethersfieldsoccer.com)

**Wethersfield Little League** Baseball and softball programs for ages 6 to 19. Register in January for spring season.

[www.wethersfieldlittleleague.org](http://www.wethersfieldlittleleague.org)

**Central CT Youth Hockey Association** Learn to skate & play hockey for ages 3 & up. Contact Garrett Plona [gplona@cox.net](mailto:gplona@cox.net) or [www.centralcthockey.org](http://www.centralcthockey.org)



## Sports for Youth

### WETHERSFIELD SKI/SNOWBOARD CLUB

Offered to residents in grades 7-12. The club offers one day trips on Saturdays to various ski areas in Vermont. Fees include lift tickets, bus transportation and supervision. Specific fees, information and registration forms will be available in November.



### FIRST TEE YOUTH GOLF LESSONS

Ages 7-12. This program is administered by the First Tee CT. Curriculum includes life skills taught through the game of golf. Lessons are led by a PGA instructor. PLAYer (beginner) level classes are available.

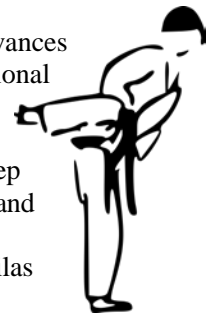
Date	Day	Time	Res/NonRes	Code
<b>TPC Cromwell</b>				
9/7-10/19	W	4:00-5:20P	\$49/\$60	208249-01
<b>Goodwin Park</b>				
9/8-10/20	Th	4:00-5:20P	\$35/\$45	208249-02

### KARATE

Ages 7-17. This "Progressive" program advances from white to black belt. The style is traditional Okinawan Shoring-Ryu, instructed by Sensei Jaye Veley. Learn Kata (a series of techniques in sequence), Kumite (one step sparring), self-defense, control, confidence and respect. Protective head gear and optional uniform not included. Min/Max: 10/20. Silas Deane Middle School.

No class 10/10, 10/31 & 11/23.

Date	Day	Time	Res/NonRes	Code
10/3-12/7	M,W	6:00-7:00P	\$95/\$120	208240-01
10/3-12/7	M,W	7:00-8:00P	\$95/\$120	208240-02



### YOUTH TENNIS LESSONS

Ages 7-15. Run by the Newington Tennis Center's certified tennis professional this program is designed for both the beginner and intermediate player. It emphasizes tennis fundamentals and proper technique. Min/Max: 8/15. Tennis Center.

No class 12/25 & 1/1.

Date	Day	Time	Res/NonRes	Code
9/11-10/16	Su	4:00-5:00P	\$99/\$124	208340-01
10/23-11/27	Su	4:00-5:00P	\$99/\$124	308340-01
12/4-1/22	Su	4:00-5:00P	\$99/\$124	308340-02



## GYMNASTICS PROGRAMS

Held in the small gym at Silas Deane Middle School.

### GYMNASTICS PARENT & CHILD

Ages 2-4. Each child must be accompanied by a guardian. Activities will focus on creative movement and use of equipment. Min/Max: 10/20.

Date	Day	Time	Res/NonRes	Code
10/1-11/19	Sa	9:00-9:45A	\$80/\$95	208220-01

### GYMNASTICS 3-4 YEARS OLD

Ages 3-4. For children who can interact with instructors without parental intervention. Focus on movement exploration exercises and basic gymnastic skills. Min/Max: 12/24.

Date	Day	Time	Res/NonRes	Code
10/1-11/19	Sa	9:50-10:35A	\$80/\$95	208221-01

### GYMNASTICS 4-5 YEARS OLD

Ages 4-5. For children who can interact with instructors without parental intervention. Focus on movement exploration exercises and basic gymnastic skills. Min/Max: 12/24.

Date	Day	Time	Res/NonRes	Code
10/1-11/19	Sa	10:40-11:25A	\$80/\$95	208222-02

### GYMNASTICS GRADES K-2

Grades K-2. Includes beginner level skills on all apparatus. Gymnasts will be grouped by ability. Min/Max: 15/24.

Date	Day	Time	Res/NonRes	Code
10/1-11/19	Sa	11:30A-12:15P	\$80/\$95	208223-01
10/1-11/19	Sa	1:00P-1:45P	\$80/\$95	208223-02

### GYMNASTICS GRADES 3-6

Grades 3-6. Beginners to intermediate levels for older children. Grouped by ability. Min/Max: 5/10.

Date	Day	Time	Res/NonRes	Code
10/1-11/19	Sa	1:50-2:45P	\$85/\$100	208224-01

### GYMNASTICS INTERMEDIATE

Only by permission of the instructor. For those who have a thorough understanding of the basic skills and who require a longer, more intense practice. Limited space. Min/Max: 5/10.

Date	Day	Time	Res/NonRes	Code
10/1-11/19	Sa	1:50-3:20P	\$90/\$115	208225-01

### GYMNASTICS VARSITY

Only by permission of the instructor. For those who can perform at a high skill level and have mastered the intermediate skills. Min/Max: 5/10.

Date	Day	Time	Res/NonRes	Code
10/1-11/19	Sa	2:50-4:50P	\$95/\$120	208226-01

## Youth Services Programs

### FRIDAY NIGHT HANGOUT

Grade 6 and grades 7 & 8 meet on separate nights. A great opportunity for 6<sup>th</sup>, 7<sup>th</sup> and 8th graders to hang out with friends and meet new ones. Play basketball, dodgeball, kickball, board games and more on Friday nights twice per month. Min/Max: 10/60. 9/11 Memorial Sports Center Gym.  
**6<sup>th</sup> Grade meets:** 9/30, 10/14, 10/28, 11/11, 12/9

Dates	Day	Time	Res.	Code
(See above)	F	7:00-9:00P	\$15	234505-01
<b>7<sup>th</sup> &amp; 8<sup>th</sup> Grade meets:</b> 10/7, 10/21, 11/4, 12/2, 12/16				

Dates	Day	Time	Res.	Code
(See above)	F	7:00-9:00P	\$15	234505-02

### BABYSITTER LESSONS AND SAFETY TRAINING (BLAST)

Ages 11-14. The class teaches the participant how to select safe and suitable games and activities, prevent accidents, perform first aid, and begin babysitting safely and competently. This babysitting course is approved by the American Academy of Pediatrics. Course cost includes materials and lunch. Class is held at Wethersfield Volunteer Ambulance Headquarters. Min/Max: 2/20.

Date	Day	Time	Res/NonRes	Code
11/11	F	10:00A – 4:00P	\$85/\$105	334305-01

## Social and Youth Services Programs

### THANKSGIVING MEAL PROGRAM

Families in need can apply to receive a Thanksgiving meal (turkey and fixings) for all members in the household. Families will need to show proof of residency and income.

### HOLIDAY GIFT PROGRAM

The focus with the help of the Wethersfield Community is to provide a happy holiday for families that need assistance. The Holiday Gift Program will try to provide gifts for every child in the household.

### WEEKEND YOUTH MEAL PROGRAM

If you have children in your home and are experiencing financial hardship, contact Social & Youth Services about the Weekend Youth Meal Program. A caregiver would be responsible for picking up a bag of food every Thursday or Friday. These bags are filled with breakfast, lunch, dinner and snacks for the kids to eat on the weekends.

### ENERGY ASSISTANCE PROGRAM

The Wethersfield Department of Social & Youth Services will begin accepting applications for the Community Renewal Team (CRT) Energy Assistance Program in late October. This program provides financial assistance for heating expenses during the 2016/2017 heating season.

Please contact Social and Youth Services for more information at 860 721-2977.

## Wethersfield Senior Center

The Wethersfield Senior Center operates within the Pitkin Community Center serving seniors 55+. The Center offers social, educational, entertainment, health and wellness programs. Annual memberships are \$5 for Wethersfield residents and \$7 for non-residents. Program information can be found below, in the monthly newsletter, on-line at [wethersfieldct.gov](http://wethersfieldct.gov) on the Social Service page, and in the Rare Reminder on the last Thursday of each month. For more information, contact Senior Center Coordinator, Lisa Galipo at 860 721-2979.

### AARP SMART DRIVING COURSE

Refresh your driving skills and qualify for at least a 5% reduction in your car insurance premiums.

Registration required – call Lisa.

Dates	Day	Time	Fee
9/12 & 12/12	Mon	8:30A-12:30P	\$15 or \$20

### BINGO

Weekly bingo in the Banquet Room. Arrive 10:30-11:30am to purchase cards. Fee includes admission, snack and one bingo card.

Day	Time	Fee
Every Wed	12:30P	\$1.50

### CHORAL GROUP

Sing with other seniors in our choral group, the Rhythmairs. The group practices and performs for many community groups upon request.

Day	Time	Fee
2 <sup>nd</sup> & 4th Th/m	1:30-2:30P	Free

### ENTERTAINMENT EVENTS

Live musical entertainment held monthly. Coffee and snacks served. Admission-\$2 for SC members; \$4 non-members. No pre-registration required.

Date	Day/Time	Performer
10/3	Mon/1P	Martin Swinger, Singer/Songwriter
11/7	Mon/1P	The Elderly Brothers—Brian Gillie & T-Bone Stankus return!
12/5	Mon/1P	CT Yuletide Carolers

### GOLF LEAGUE

The golf league plays in the summer and fall at Goodwin Park. Contact Jim McNamara for more information at 860 563-4586.

### \$3 HAIRCUTS

Take advantage of this incredible bargain. \$3 haircuts provided by students of the International Institute of Cosmetology under the supervision of professional stylists. Call Lisa (860 721-2979) for an appointment.

Dates	Time	Fee
9/23, 11/4, 12/16	By Appointment	\$3

### INFORMAL CARD & BOARD GAME GROUP

This group plays informal card games. Bring your friends and start your own card or board game.

Day	Time	Fee
Tuesdays	1:15P	Free

### MAH JONGG

Enjoy this fascinating ancient rummy-like game. Looking for new players. Instruction available for beginners.

Day	Time	Fee
Tu/Th	10A-1P	Free

### MINI MANICURES

Sit back and relax while a volunteer files, buffs and polishes your nails (no cutting). Ladies only. Manicure is free.

Registration required - call Lisa.

Dates	Day	Time
9/21, 10/19, 11/16, 12/21	Wed	10A-12N

### WEEKLY MOVIES

See blockbusters and vintage classics. Movie titles are announced monthly in the newsletter and Rare Reminder.

**Date:** Every Monday, except the 1st Monday of each month.

Time	Fee
1P	Free

### NEEDLEWORK CRAFTS

This group creates knit items and needlework crafts to be sold at the annual bingo fundraiser. For more information call Pam Silva at 860 721-6267.

Day	Time	Fee
Every Mon	9:30-11:30A	Free

### RED ONION SENIOR QUILTERS

Share your love of quilting and sharpen your skills. All skill levels welcome. The group shares quilting techniques, works on a 'block of the month' and quilts for sick children. Drop-in's welcome.

Dates	Day	Time	Fee
9/19, 10/17, 11/21, 12/19	Mon	10-11:30A	Free

### SETBACK

Everyone is welcome including singles and partners, beginners and experienced players. Come early at 11:30a for free coffee/tea and pastry. Call Joe or Claire at 860 258-0662 for more info.

Day	Time	Fee
Every Fri	12:15P	\$1 SC member/\$2 non-mem.

### WII BOWLING

Join champion Wii bowlers in league and practice play. The team also competes against rival senior center teams. Drop-in's welcome.

Day	Time	Fee
Tu/Th	1-3P	Free

### SENIOR CAFÉ / CRT LUNCH PROGRAM

Monday through Friday at the Pitkin Community Center. Suggested donation: \$2.50 for ages 60+. Fee: \$5.00 for under age 60. To make a reservation, call 721-2955 one day ahead, 10:00A-12:00P. Contact Social & Youth Services at 860-721-2977 with any questions.

### BUS TRIPS

The following trip is planned through Friendship Tours. Call Lisa at 860 721-2979 for information and registration.

**Sun., 10/23—Oktoberfest at the Log Cabin.** Enjoy the fall foliage trip to the Pioneer Valley in MA, the German Band, the Jolly Kopperschmidts and the unbeatable buffet of the Log Cabin. Cost 82pp.



## **FRIDAY FEATURES!**

### **“WAY TO GO CONNECTICUT”**

The State of CT’s Regional Mobility Management Program was created to help seniors, veterans and persons with disabilities to discover their transportation options. Program staff explains the transportation services available in CT when driving is no longer an option. Call Lisa to register.

Date	Day	Time
9/30	Fri	10A

### **REVISITING THE HARTFORD HOSPITAL FIRE**

In December, 1961 a flash fire raged through Hartford Hospital. A fireball on the 9<sup>th</sup> floor forced the evacuation of the hospital and created heroes of local firefighters. Hear F. Mark Granato, author of “Out of Reach: The Day Hartford Hospital Burned,” a work of historical fiction, as he talks about his book, the fire and displays amazing pictures of that day. Books will be given as door prizes.

Registration required – call Lisa.

Date	Day	Time
11/11	Fri	10A

### **LUNCH & LEARNS**

### **“THEY CALL HER RECKLESS”**

Hear the true story of the real-life warhorse “Reckless” who served with her fellow Marines for two years during the Korean War. This extraordinary horse showed her bravery and resilience during an especially bloody battle for Outpost Vegas when she hauled ammunition for three days and nights. Book author Janet Barrett will relay this remarkable story. Books will be given as door prizes.

Registration required – call Lisa.

Date	Day	Time
10/25	Tue	12N

### **LISTENING TO YOUR INTUITION**

Learn about the importance of listening to our intuition and developing our psychic gifts. Deirdre from Art of Spirit, a life-long clairvoyant, presents ways of recognizing, understanding and developing the spiritual gifts we were all born with. Registration required – call Lisa.

Date	Day	Time
11/15	Tue	12N

## **WORKSHOPS**

### **HEALTHY SOUPS BY STAR**

Star Mader will lead us in making two healthy meals including a tomato bisque and corny corn muffins on 9/20 and ginger carrot soup, carrot ginger muffins with raisins and sunflower seeds on 9/27. Come hungry and bring a container to take home leftovers. \$10 food fee to be paid to the instructor before class. Registration required – call Lisa.

Date	DayTime
9/20 & 27	Tue 11A-1P



## **LIVE WELL WITH DIABETES**

For people with diabetes, pre-diabetic or the caregiver for someone with diabetes, this workshop could make all the difference. This 6-week self-management workshop led by an RN will cover: managing your blood sugars, communicating with healthcare professionals, caring for your feet, fighting fatigue, eating healthier and building your confidence. Learn how to control your diabetes.

Registration required – call Lisa.

Date	Day	Time	Fee
9/19-10/31	Mon	1P	Free

## **HEALTH SCREENINGS**

**Blood Pressure Screenings** – 2nd Wed. of each month, 10:30-11:30am sponsored by Ellis Manor and 4th Thur. of each month (except 11/24), 12:30-1:30pm, outside the Senior Center office, sponsored by Cedar Mountain Commons.

**Blood Sugar Screenings** – Fri., 9/9, 10/14 & 12/9 from 11A-12N sponsored by Apple Rehab.

**Dental Cleaning Clinics** – Fri., 9/9 & Mon., 9/12. Sponsored by Central CT Health District and performed by professional hygienist. Open to those 60+ years old and resident of Wethersfield, Rocky Hill, Newington and Berlin. Attendance limited to one clinic per year. Call 860 721-2979 for appt.

**Foot Care**—9/2 & 30, 10/7 & 25, 11/4 & 22, 12/2 & 30.

Includes cleaning, filing, trimming, reducing corns and calluses by RN. Seniors only. No diabetics. Fee: \$29.

Appointment required – call Lisa.

**Hearing Screening** – Mon., 9/19. Free initial screening or hearing aid cleaning provided free of charge by the Hearing Wellness Center of Rocky Hill. Call Lisa for an appointment.

## **Senior Center Classes**

### **ART & MINDFULNESS**

Enjoy emotional and spiritual growth, experientially exploring all facets of mindfulness. Foster artistic growth while having fun learning art basics. Participants will be encouraged to “break all the rules” as their creativity and unique artistic expression soars. Art basics include drawing techniques using wet and dry drawing mediums, design elements and principles, and various subject matters such as portraits. All levels of ability welcome.

Date	Day	Time	Fee	Code
9/22-12/15	Th	9:30-10:45A	\$24	236003-01

### **THE ARTIST’S JOURNEY**

Explore your interests and abilities by making a series of art pieces using different media including drawing, painting and sculpture. Explore what makes each artist’s work unique and build on skills. The class will utilize different media in 2-3 week segments. Participants will have the option to continue in the media of their choice. You will be encouraged to keep an art journal and journal thoughts, feelings and ideas as these can reflect important themes and bring cohesiveness to your art work All levels of ability welcome.

Date	Day	Time	Fee	Code
9/14-12/14	W	10:00-11:30A	\$28	236005-01

## BELLY DANCE

This class begins with a guest instructor, Tiare Kahana of Kahana Hula on 9/8 & 9/15 who will teach us the ancient and beautiful art of the hula dance. The last 9 weeks of class will be with instructor Roseanne who will continue her instruction of the artful and graceful belly dance. This is low impact, weight bearing exercise that is fun and helps firm and tone.

Date	Day	Time	Fee	Code
9/8-11/17	Th	12:30-1:30P	\$22	236095-01

## CHAIR YOGA

Learn yoga basics using a program that adapts easily to any fitness level. All movements are done seated and will work your core and extremities. Benefits include increased flexibility, strength and relaxation. Register for both Monday and Thursday classes for only \$50. This class is generously supported by the Keane Foundation. No class 10/10 & 11/24.

Date	Day	Time	Fee	Code
9/12-12/19	M	11:30A-12:30P	\$28	236235-01
9/8-12/15	Th	2:00-3:00P	\$28	236235-02

## GOOD LIFE FUNCTIONAL FITNESS

Structured exercise group is run by a professional exercise physiologist from the Hartford Healthcare System. The two 45-minute sessions weekly will help maintain functional mobility and strength through a series of progressive exercise routines that focus on improving posture, balance, agility and strength. No class 10/10 & 11/30

Date	Day	Time	Fee	Code
9/19-12/14	M,W	1:30-2:15P	\$30	236240-01

## LIVELY MINDS WORKSHOP

Lively Minds is a participatory roundtable moderated by Jim Gregory. This long-time philosophy teacher will lead discussions finding the patterns and connections across a wide range of topics. Your expertise and life experience furthers the conversation. Every idea is treated like a building block, whether it involves the arts, sports, advertising or political issues. Humor, puzzles, insights and issues of the day will be incorporated. No class 10/10.

Date	Day	Time	Fee	Code
9/19-10/31	M	1:30-2:30P	\$12	236535-01

## PAINTING

Artist Faye Ahlberg will cultivate the innate talents of her pupils. In this free-flowing class/artist group, Faye provides individual instruction and guidance for your burgeoning self-expression. Beginners and experienced painters are welcome. Students are free to use any water-based medium including acrylics and water colors.

Date	Day	Time	Fee	Code
9/13-12/13	Tu	10:00-11:30A	\$28	236020-01

## T'AI CHI QIGONG

Class includes movements from T'ai Chi Chuan along with teachings from the ancient healing system Qigong. Recent research indicates that T'ai Chi eases pain, improves balance and reduces blood pressure and cholesterol. A study by the American Geriatric Society showed that after taking T'ai Chi classes for one month, seniors were 50% less likely to fall. Mindfulness, meditation and acupressure are also incorporated into this class. No class 11/24.

Date	Day	Time	Fee	Code
9/22-12/15	Th	11:00A-12:00P	\$24	236250-01

## Computer Learning Center

The Computer Learning Center is here to empower seniors for the computer age. In addition to classes, volunteer staff provides one-to-one assistance upon request. For information or an appointment, call Lisa at 860 721-2979.

## WINDOWS 10 OVERVIEW WORKSHOP

This workshop is for new users of Windows 10, Microsoft's latest operating system, those considering upgrading their PC to Windows 10, and those planning to purchase a new Windows 10 computer. Use a tutorial from the free learning site GCFLearnFree.org to take a brief look at how Windows 10 differs from its predecessors and how to use this version. Tips are provided for personalizing your desktop, managing windows and we will discuss user accounts and security features. Min/Max: 2/20

Date	Day	Time	Fee	Code
9/8	Th	10:00A-12:00P	\$10	237720-01

## WELCOME TO WINDOWS 10

Using Windows 10, learn to work with the desktop, open and close apps and have fun using the calculator, help and support, weather, news and solitaire apps. Use File Explorer to save and find documents. Fee includes text. Min/Max: 2/5.

Date	Day	Time	Fee	Code
9/12, 14, 19, 21	M/W	9:30A-12P	\$40	237860-01

## WINDOWS 10 INTERMEDIATE

Using Windows 10, explore the internet, search, create favorites, print web pages and discuss privacy and security. Open, view, edit, print and save photos using Windows 10 photo app, become acquainted with the Movies & TV app and listen to music with Windows Media Player. Text included. \$5 discount for Welcome to Windows 10 class graduates.

Date	Day	Time	Fee	Code
10/4, 6, 11, 13	T/Th	9:30A-12P	\$40	237710-01

## KEEPING IN TOUCH WITH EMAIL

Email is a great way to stay in touch with friends and family. Participants will use their own email accounts during this two session class. Learn the basics including creating, sending, and receiving emails and learn how to manage junk messages. The second session will concentrate on sending files and photos and creating an address book and lists. Participants must bring their log-on and password information to be able to access their email accounts on the computer lab's laptops or bring their own laptops.

Date	Day	Time	Fee	Code
9/13&9/15	Tu,Th	12:30-2:30P	\$20	237100-01

## CYBER RESOURCES WORKSHOP II

This is part two of a workshop offered last spring. The internet is a big place with lots of content—about 180 million websites that are always changing. We have made things a little easier for you by compiling a list of the best websites in 14 categories. Instructor Keith Rafaniello will highlight the most useful sites to help you find what you are looking for on-line. Free for Senior Center members. All others--\$2. Registration required – call Lisa.

Date	Day	Time
9/28	Wed	3-5P

## KINDLE APP WORKSHOP

The Kindle app is available for free for most major smartphones, tablets and computers. With it you can buy or borrow a book and read it on any device with the Kindle app installed. Learn how to download and read a book and how to use the controls.

Date	Day	Time	Fee	Code
11/10	Th	10:00A-12:00P	\$10	337106-01

## IPHONE FOR NEW USERS I

Smartphones are powerful and useful. Apple's iPhone is one of the easiest to learn and use. This workshop is for the new user of an iPhone 4, 5, or 6. Learn about the home screen and how to make and receive calls. Review "settings" and learn to customize phones and connect to WiFi. Bring a fully charged iPhone.

Date	Day	Time	Fee	Code
11/29	Tu	12:30-2:30P	\$10	337235-01

## IPHONE FOR NEW USERS II

This workshop is a continuation of iPhone for New Users I and gets into more detail on texting, taking and sharing photos and creating and using contact lists. Learn how to get emails on your phone. Bring a fully charged iPhone.

Date	Day	Time	Fee	Code
11/30	W	12:30-2:30P	\$10	337236-01

## IPHONE INTERMEDIATE

Have you been using your iPhone for a while to make calls, text and take photos, but want to know what else your phone can do? Learn to use the calendar for scheduling events and learn about the world of apps, including how to search and download apps. Bring a fully charged iPhone.

Date	Day	Time	Fee	Code
12/1	Th	12:30-2:30P	\$10	337240-01

## IPAD BEGINNERS

This four session course will help participants use their iPad with iOS9. Topics to be covered include basic iPad operations, email and surfing the web. Text included.

Date	Day	Time	Fee	Code
11/14-11/18M-W,F		12:30-3:00P	\$40	337205-01

## IPAD INTERMEDIATE

This four session class is for people who already know the basic iPad operations. Learn to organize the desktop, text, take photos and videos, read ebooks and work with a variety of pre-installed and purchased apps. Fee includes text. \$5 discount for iPad Beginner class graduates.

Date	Day	Time	Fee	Code
12/5-12/14	M,W	9:30A-12:00P	\$40	337207-01

## BARRACUDA SWIM STROKE CLINIC

Ages 5-18. Swim stroke and competitive technique refinement. Prerequisite: able to swim 2 laps without stopping. Min/Max: 15/24. No class 10/7, 10/10, 10/11, & 10/21. Pool facility to be determined.

Date	Day	Time	Res/NonRes	Code
<b>Ages 5-18</b>				
10/3-10/27	M-F	5:45 – 6:45P	\$99/\$125	201005-01

# Aquatics



## BACKMAN POOL AT WETHERSFIELD HIGH SCHOOL

**Due to the current renovation project at Wethersfield High School, the Backman Pool is temporarily unavailable for use. Lessons will not be offered this fall, but will resume winter 2017. Once the renovation is complete, the Backman Pool will re-open for public swim.**

411 Wolcott Hill Road. Proof of age and residency (e.g. driver's license) required for admission. Non-residents and guests must be accompanied by a resident adult. Groups of 6+ must notify the Parks & Recreation office prior to their event.

**Daily Admission:** Adult \$3, Child (under 18) \$1, or Season Pass (see below).

Adult Swim:	Recreational Swim:
Tuesday 6:30-7:15A	Tuesday 7:30-8:30P
Tuesday 8:30-9:30P	Thursday 7:30-8:30P
Thursday 6:30-7:15A	Friday 7:30-9:30P
Thursday 8:30-9:30P	

Adult swimmers must be age 18+. Recreational swimmers age 11 or under must be accompanied by a swimmer age 18+.

**Due to the Backman Pool being temporarily closed, the 2016-2017 Indoor Season Pass Fee has been reduced.**

**Season Pass:** Provides residents unlimited admission and may be used in Newington and Rocky Hill. Purchase online, by mail-in registration, or at Parks & Recreation. Passes will not be sold at the pool. Daily admission cannot be credited toward purchase of a pass.

**Family \$45:** Available to 2 adults and children living in the same household. Additional adult(s) living in the household must purchase an individual or family pool pass. Please remember to list all family members on the pass.

**Individual \$30:** Available to any resident adult or child.

## BARRACUDAS SWIM TEAM

**Due to the current renovation project at Wethersfield High School, the Parks and Recreation Department is seeking an alternative pool facility for the indoor Barracudas Swim Team. More information will be forthcoming in early September.**

Coed, competitive, age-group, recreational swim team for ages 5-18 (league age is participant's age on 12/31/2016). Prerequisite: ability to swim two laps without stopping. Swim meets will be held on weekends, schedule TBA. Min/Max: 20/48. No class 11/8, 11/11, 11/24, 11/25, 12/23-1/2, & 1/16. Pool facility to be determined.

Date	Day	Time	Res/NonRes	Code
<b>Ages 5-10</b>				
11/1-2/16	M-F	5:45-6:30P	\$250/NA	201001-01
<b>Ages 11-18</b>				
11/1-2/15	M-F	6:30-7:45P	\$250/NA	201001-02

# Therapeutic Recreation

All programs are for persons with disabilities and peer friends as space permits.

*When registering for a Therapeutic Recreation program, please also submit the supplemental form on page 23.*

## TR SPECIAL OLYMPICS BOWLING

Ages 8+. Open to participants with special needs and non-disabled peers. Equipment fee: \$3 to be paid for each game. 2-3 games will be played weekly. Program held at the Bowl-O-Rama in Newington. **Special Olympics pre-requisite: Special Olympics release and medical form must be submitted prior to the beginning of class. Unified Partners must complete and submit a Class A Volunteer form and Unified Partner form.** Holiday Sports Classic 11/19-11/20. Min/Max: 4/25. Bowl-O-Rama. No class 10/8.

Date	Day	Time	Res/NonRes	Code
9/10-11/12	Sa	10:30A-12:30P	\$20/\$20	209040-01

## SPECIAL OLYMPICS BASKETBALL

Ages 9+. Open to participants with special needs and non-disabled special partners. Program includes skill development, drills and team play. Team roster for competitive events based on skill level and attendance. Appropriate dress required. No jeans or street shoes. **Special Olympics pre-requisite: Special Olympics release and medical form must be submitted prior to the first practice. Unified Partners should submit a Class A volunteer form and unified partner form prior to the first practice.** Saturday, October 22 - Basketball Divisioning Qualifier at the New Haven Field House. Saturday, November 19 - Sunday, November 20 - Holiday Sports Classic. Min/Max: 8/18. Pitkin Community Center. No class 10/10.

Date	Day	Time	Res/NonRes	Code
9/12-11/14	M,W	6:00-7:30P	\$30/\$30	209260-01

## SPECIAL OLYMPICS SNOWSHOE

Ages 8+. Learn and enjoy yourself this winter season. Open to participants with special needs. Unified Partners will also be accepted on a need basis. Program will meet for skill development, training and games. Special Olympics Winter Games at the Eversource on 3/4-3/5/17. (Must meet Special Olympics requirements in order to compete.) Min/Max: 4/10. Pitkin Community Center. No class 12/14, 12/21, 12/28

Date	Day	Time	Res/NonRes	Code
12/7-3/1	W	5:15-6:15P	\$30/\$30	309160-01

## TR SPECIAL OLYMPICS TENNIS

Ages 8-21. Open to participants with special needs. Introductory tennis lessons and play. Weather permitting, with make-ups as available. Athletes should wear appropriate shorts, light polos. Bring a water bottle. Min/Max: 4/8. Pine Acres Swim and Tennis Club. No class 10/9.

Date	Day	Time	Res/NonRes	Code
9/11-11/6	Su	3:00-4:00P	\$30/\$30	209170-01

## TR ADULT SOCIAL CLUB

Ages 21+. Adults have an ongoing schedule of recreational activities. Adults meet to plan their trips, socials and events such as museums, shopping, cultural and sporting events and socials. Annual Thanksgiving Dinner, Holiday Party and summer picnic. Call Natalie Morrison at 860 721-2952 for more information. A schedule will be mailed out to all registered members.

Min/Max: 1/25. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
7/1-6/30	M-F	as scheduled	\$20/\$20	209127-01

## YOUTH/YOUNG ADULTS PROGRAM

Ages 8-21. Participants will be actively involved in cooking, arts and crafts, sports and games, nature exploration, yoga, dance and track and field training. Participants should bring a snack on Thursdays. Participant may actively participate for enjoyment. **Resident transportation accommodations will begin one week from registration date. Special Olympics requirement: S.O. release and medical form must be submitted prior to the first day of track and field training in order to qualify for competition.** Special Olympics Northern Spring Trials:TBD. Special Olympics State Summer Games 6/9-11.

Min/Max: 4/20. Pitkin Community Center. No class 11/23, 11/24, 12/28, 12/29, 4/12, 4/13.

Date	Day	Time	Res/NonRes	Code
9/21-6/7	W	2:15-5:15P	\$75/\$94	209280-01
9/22-6/1	Th	2:15-5:15P	\$75/\$94	209280-02

## S.O. UNIFIED FITNESS CLUB: TOTAL ATHLETE

Ages 16+. Young adults will train their bodies, prepare their minds and get their spirits soaring. Program includes cardio workouts, fitness room use as well as stretching, yoga and "bootcamp" fun. Bring a water bottle and get ready to get fit. Min/Max: 4/10.

Pitkin Community Center. No class 11/24, 12/1, 12/22, 12/29

Date	Day	Time	Res/NonRes	Code
9/15-11/3	Th	5:30-6:45P	\$45/\$45	209150-01
11/10-1/26	Th	5:30-6:45P	\$45/\$45	309150-01

### Special Events

11/16- 5:30 -7:30 pm - TR & WACPD Thanksgiving Dinner  
12/14 - 5:30-8:30 pm - TR & WACPD Holiday Party

## WETHERSFIELD SPECIAL OLYMPICS CONNECTICUT





# Fitness for Adults

## INTERVAL TRAINING WITH DEB

Now 2 chances for an early morning workout. High intensity. Focus on endurance training, strength training and all-over body toning. Modifications will be made to different fitness levels. Min/Max: 12/25. Pitkin Community Center. No class 11/17, 11/24, 12/27, 12/29.



Date	Day	Time	Res/NonRes	Code
9/6-10/27	Tu,Th	5:00-5:45A	\$50/\$60	205045-01
9/6-10/27	Tu,Th	6:00-6:45A	\$50/\$60	205045-02
11/8-1/12	Tu,Th	5:00-5:45A	\$53/\$63	305045-01
11/8-1/12	Tu,Th	6:00-6:45A	\$53/\$63	305045-02

## BOOT CAMP WITH AKWASI, NASM CERTIFIED

Ages 20-60. Small Group Fitness Training. High intensity. Focus on endurance training, strength training and all-over body toning. Modifications will be made to different fitness levels. Min/Max: 6/10. Pitkin Community Center. No class 11/17, 11/24, 12/27, 12/29.

Date	Day	Time	Res/NonRes	Code
9/8-10/27	Tu,Th	5:00-5:45P	\$75/\$80	205046-01
11/8-1/12	Tu,Th	5:00-5:45P	\$80/\$85	305046-01

## MUSCLE CHALLENGE WITH DANIELLE

Ages 16+. 45 minutes of strengthening and toning all major muscle groups using various equipment in an interval style workout. Equipment provided. Min/Max: 14/40. Pitkin Community Center. No class 10/10, 12/26, 12/28, 1/2.

Date	Day	Time	Res/NonRes	Code
9/7-10/26	M,W	9:00-9:45A	\$42/\$52	205048-01
11/7-1/11	M,W	9:00-9:45A	\$50/\$60	305048-01

## SENIOR MUSCLE CHALLENGE WITH DANIELLE

Ages 50+. 45 minutes of specially designed strengthening and toning for seniors. Tone all major muscle groups using various equipment that will be provided. Min/Max: 14/40. Pitkin Community Center. No class 10/10, 12/26, 12/28, 1/2.

Date	Day	Time	Res/NonRes	Code
9/7-10/26	M,W	10:00-10:45A	\$42/\$52	205049-01
11/7-1/11	M,W	10:00-10:45A	\$50/\$60	305049-01

## MUSCLE TONE WITH SUE

Ages 16+. 45 minutes of strengthening and toning all major muscle groups using various equipment that will be provided. Min/Max: 14/40. Pitkin Center. No class 11/24, 12/27.

Date	Day	Time	Res/NonRes	Code
9/6-10/25	Tu	6:00-6:45P	\$30/\$35	205051-01
11/8-1/10	Tu	6:00-6:45P	\$32/\$37	305051-01

## TOTAL BODY WITH JO

Ages 16+. Strength training class targeting major muscle groups using various equipment and body weight. Total Body incorporates bursts of cardio into movements intended to help you tone all major muscles. Min/Max: 14/35. Pitkin Community Center. No class 10/10, 10/24, 12/26, 12/28, 1/2.

Date	Day	Time	Res/NonRes	Code
9/7-10/26	M,W	5:30-6:15P	\$32/\$42	205053-01
11/7-1/11	M,W	5:30-6:15P	\$42/\$52	305053-01

## ZUMBA® WITH NANCY

Ages 16+. Aerobic workout with a Latin-dance twist. Zumba fuses hypnotic Latin and international rhythms with easy to follow moves to create a dynamic fitness program.

Min/Max: 12/35. Pitkin Community Center.

No class 10/10, 10/24, 11/24, 12/26-29, 1/2.

Date	Day	Time	Res/NonRes	Code
9/13-10/27	Tu,Th	9:30-10:30A	\$35/\$45	205006-01
9/12-10/26	M,W	6:30-7:30P	\$30/\$40	205006-02
11/8-1/12	Tu,Th	9:30-10:30A	\$42/\$52	305006-01
11/7-1/11	M,W	6:30-7:30P	\$42/\$52	305006-02

## ZUMBA GOLD® WITH SHERYL

Ages 45+. An innovative, fun and exciting program designed for the active older adult, the true beginner, or people who are not used to exercising, or people who may be limited physically. The main difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity. The same great Latin and international styles of music and dance are used. Min/Max: 12/35. Pitkin Community Center.

No class 9/15, 11/17, 11/24, 12/27, 12/29.

Date	Day	Time	Res/NonRes	Code
9/6-10/27	Tu,Th	8:30-9:20A	\$38/\$48	205007-01
9/6-10/27	Tu,Th	5:00-5:50P	\$38/\$48	205007-02
11/8-1/12	Tu,Th	8:30-9:20A	\$42/\$52	305007-01
11/8-1/12	Tu,Th	5:00-5:50P	\$40/\$50	305007-02

## ZT30

Ages 16+. ZT30 is half Zumba® and half Zumba Toning®, alternated throughout the one hour class. Zumba fuses hypnotic Latin and international rhythms with easy to follow moves to create a dynamic fitness program. Min/Max: 12/35. Pitkin Community Center. No class 11/17, 11/24, 12/29.

Date	Day	Time	Res/NonRes	Code
9/8-10/27	Th	6:00-7:00P	\$30/\$35	205009-01
11/10-1/12	Th	6:00-7:00P	\$28/\$33	305009-01

## FITNESS 101

Ages 12+. By appointment only. Instruction on use of fitness room equipment. Please call 860 721-2950 to schedule.

Min/Max: 1/150. Pitkin Community Center. Fitness room closed: 10/10, 11/17, 11/24, 11/25, 12/23, 12/26, 1/2.

Date	Day	Time	Res/NonRes	Code
9/6-11/4	M-F	8:00A-9:00P	\$6/\$10	205031-01
11/7-1/13	M-F	8:00A-9:00P	\$6/\$10	305031-01

## FITNESS ROOM PASS

Ages 12+. Open Monday-Friday: 8:00A - 2:00P; and Monday through Thursday 5:00 - 9:00P.

Fitness equipment includes treadmills, stationary bikes, ellipticals, dumbbells, medicine balls and floor mats.

Min/Max: 1/75. Pitkin Community Center. Fitness room closed: 10/10, 11/17, 11/24, 11/25, 12/23, 12/26, 1/2.

Date	Day	Time	Res/NonRes	Code
9/6-11/4	M-F	8:00A-9:00P	\$20/\$25	205030-01
11/7-1/13	M-F	8:00A-9:00P	\$20/\$25	305030-01

*Fitness classes continue next page...*



## POWER-UP PILATES

Ages 16+. Pilates is designed to strengthen core muscles, including the abdominals and glutes, while lengthening and maintaining loose, limber limbs. It strengthens the body while keeping joints mobile and flexible. You will feel your muscles working. The exercises provide variations to meet different body types making it an exercise option for everyone. Bring a mat, towel, and water bottle to class. Instructor from Personal Euphoria Pilates Min/Max: 9/16. Pitkin Community Center. No class 11/24, 12/27, 12/29.

Date	Day	Time	Res/NonRes	Code
9/6-10/25	Tu	6:45-7:30P	\$55/\$60	205050-01
9/6-10/25	Tu	9:00-9:45A	\$55/\$60	205050-02
9/8-10/27	Th	9:00-9:45A	\$55/\$60	205050-03
11/8-1/10	Tu	6:45-7:30P	\$60/\$65	305050-01
11/8-1/10	Tu	9:00-9:45A	\$60/\$65	305050-02
11/10-1/12	Th	9:00-9:45A	\$55/\$60	305050-03

## BARRE PHYSIQUE

Ages 16+. Unique total body workout focusing on small, controlled movements combined with bursts of interval training to define and tone long lean muscles. Combines muscle work and stretching to create lean, flexible sculpted arms, flat abs, and a lifted seat. Using a chair provided, target every muscle in the body. Challenging, safe and effective workout set to dynamic music using balls, bands and light weights. Please bring light weights (2-3 lbs.) and water. Min/Max: 9/16. Pitkin Community Center. No class 12/27.

Date	Day	Time	Res/NonRes	Code
9/6-10/25	Tu	6:00-6:45P	\$55/\$60	205058-01
11/8-1/10	Tu	6:00-6:45P	\$60/\$65	305058-01



## YOGA WITH LISA

Ages 16+. Learn the basics, increase strength, vitality and flexibility. Reduce stress and relax while toning your body and mind. Yoga breathing exercises called Pranayama benefits the entire body. Physical activity is good for relieving stress. Min/Max: 8/16. Pitkin Community Center. No class 10/10, 11/17, 11/24, 12/29.

Date	Day	Time	Res/NonRes	Code
9/12-10/31	M	6:00-7:15P	\$45/\$50	205080-01
9/8-10/27	Th	5:45-7:00P	\$53/\$58	205080-02
11/14-1/9	M	6:00-7:15P	\$45/\$50	305080-01
11/10-1/12	Th	5:45-7:00P	\$48/\$53	305080-02

## NEW PROGRAM - TIPS

Tactical Information for Practical Self-Defense  
Ages: 13+ "TIPS" will provide potentially lifesaving techniques from the most common assaults or threats. Numerous other "TIPS" will also be shared. Sensei Jaye Veley, of the Karate Program has assembled and simplified the most effective techniques to protect you from unwelcome aggressions. Short, intense, interactive sessions will give you knowledge and confidence without long term commitments. The program is held in 4 sessions.  
Min/Max: 5/12. Silas Deane Middle School

Date	Day	Time	Res/NonRes	Code
9/26-9/29	M-Th	7:00-8:30P	\$65/\$80	208252-02
10/18-11/8	Tu	7:00-8:30P	\$65/\$80	208252-01
12/27-12/30	Tu-F	6:00-7:30P	\$65/\$80	308252-01

## RIVER ROCK YOGA WITH SANDY BYRNE

Ages 16+. River Rock Yoga Studio, 274 Silas Deane Highway, Wethersfield. Min/Max: 1/6.

**Yoga Basics:** This is a great introduction to yoga. Perfect for those who are stressed, inflexible and/or have never done yoga before. Learn basic postures, breathing and meditation for stress relief. No class 11/28.

Date	Day	Time	Res/NonRes	Code
9/19-10/24	M	6:00-7:15P	\$50/\$60	205081-01
10/22-11/26	Sa	10:30-11:45A	\$50/\$60	305081-01

**Flow Yoga/Vinyasa:** Join us Friday morning for an all levels flow yoga class. Relieve achy shoulders, stiff neck and sore backs. This flow yoga class is open to all levels. Moving through sun salutations and building heat in the body, an energetic yet doable practice.

Date	Day	Time	Res/NonRes	Code
9/16-10/21	F	9:15-10:30A	\$50/\$60	205082-01

**Yoga Tune-Up:** This class is designed to address those cranky backs, knees, shoulders and necks. Focus will be on tuning up the body from the inside out, relieving aches and pains and creating healthy well balanced joints. Strengthen weak muscles and stretch tight muscles using yoga and massage therapy balls in a challenging yet approachable class for everyone.

Date	Day	Time	Res/NonRes	Code
11/8-12/13	Tu	7:00-8:15P	\$50/\$60	305084-01

## NUTRITION & WEIGHTLOSS

Ages 18+. This is a habit driven, progressive weight loss program that is for all levels of weight loss. The goal of this program is to change our daily habits, one at a time, to lead to long term success. Learn how to set yourself up for success and avoid some major pitfalls. Min/Max: 10/20. Pitkin Community Center.

Date	Day	Time	Res/NonRes	Code
9/7-10/5	W	12:00-1:00P	\$65/\$70	205047-01
9/7-10/5	W	5:30-6:30P	\$65/\$70	205047-02
10/12-11/9	W	12:00-1:00P	\$65/\$70	305047-01
10/12-11/9	W	5:30-6:30P	\$65/\$70	305047-02
11/16-12/14	W	12:00-1:00P	\$65/\$70	305047-03
11/16-12/14	W	5:30-6:30P	\$65/\$70	305047-04

# Youth Services After School Programs

After School Achievement Programs (a.s.A.p.), sponsored by The Town of Wethersfield Social and Youth Services Department, in collaboration with Silas Deane Middle School, Wethersfield Parks and Recreation Department, the Keane Foundation and the Capital Area Substance Abuse Council, is designed to offer after-school enrichment activities to all interested 7th and 8th grade students at Silas Deane Middle School. The goal of a.s.A.p. is to provide this age group with after school leisure time activity exploration and development within the framework of a primary prevention model.

A variety of activities will be available on Mondays, Tuesdays, Wednesdays and Thursdays for the fall session from September 26 through December 16. There will be no after-school activity program on half days, snow days or holidays unless otherwise specified.

Help your young person decide which activities would be most fun and/or interesting. Encourage them to try something new. a.s.A.p. is a great place to spend time with other students that share your child's interests, make new friends and learn something new.

If registration places a financial burden on your family, please contact the Department of Social and Youth Services or a SDMS administrator or guidance counselor. No student will be turned away for lack of program fees.

If you have any questions, please contact Patrick Telman at 860 721-2977.

**For Registration procedures** see page 22 of this brochure for details about online registration. Non-residents who attend SDMS must register with the paper registration form on the back page. If registering in person or by mail please include the "Youth Services a.s.A.p. Supplemental Registration Form" on page 23 with your payment and the Parks & Recreation Registration Form (back of brochure).

## SDMS INTRAMURALS

Grades 7-8. Sponsored by the Keane Foundation. Looking for something fun and free to do after school? Do you like to play basketball, dodgeball, soccer, and Frisbee with your friends? Sign-up for SDMS Intramurals. Activities will run Monday – Thursday from 2:30 pm – 3:20 pm (students will be able to take late bus home). Min/Max: 10/40. Silas Deane Middle School.

No class 10/25, 10/26, 11/21, 11/22, 11/23.

Date	Day	Time	Fee	Code
9/26-12/5	M	2:30-3:30P	FREE	234460-01
9/27-12/6	T	2:30-3:30P	FREE	234460-02
9/28-12/7	W	2:30-3:30P	FREE	234460-03
9/29-12/8	Th	2:30-3:30P	FREE	234460-04



## MINECRAFT MONDAYS

Grades 7-8. Do you love Minecraft?

This is an educational version of Minecraft called MinecraftEDU. Play on our own private, contained game world in the media center.

MinecraftEDU allows teachers to push out challenges and "assignments" in our game world for students to collaborate on together.

Min/Max: 6/14. Silas Deane Middle School-Media Center

Date	Day	Time	Fee	Code
10/3-12/12	M	2:30-3:30P	\$30	234150-01



## AFTER SCHOOL MEDIA CENTER

Grades 7-8. Do you need help with a project, need to use a computer, or need a quiet place to do your homework?

Ms. Poulos will be in the Media Center right after school to assist you if you need help. This service can be used 2:30-3:30 p.m. every Wednesday & Thursday or on a drop-in basis. Silas Deane Middle School Media Center. The Media Center will be closed during school vacations, half days and snow days. The program is free and registration is not required. Program does not follow a.s.A.p. schedule.

Date	Day	Time	Fee	Code
10/5-5/25	W,Th	2:30-3:30P	FREE	no registration

# 9/11 Memorial Sports Center

Located in the Pitkin Community Center at 30 Greenfield Street. Facilities include gym, fitness room and meeting room with wireless internet access, laptop computers and SmartBoard. Developed in partnership with the Keane Foundation, the facility honors all 3000 people who died that day. This area also displays steel recovered from the ruins of the World Trade Center. The Keane Foundation and the Parks & Recreation Department offer many programs in this facility. The gym is available for rental, and adults can use the gym at no cost on most Monday, Wednesday and Friday mornings for walking 8:00-9:00A.

## ABOUT THE KEANE FOUNDATION

Friends and family of Dick Keane established The Richard M. Keane Foundation to honor his memory and to perpetuate his commitment to enriching the lives of the youth in Wethersfield. The purpose of the Foundation is to provide a safe and fun environment in which the community of Wethersfield can come together to participate in athletic, academic and social programs with the support and guidance of caring adults. Find out more at [www.keanefoundation.org](http://www.keanefoundation.org).

## COVE SIDE CARNIVAL

10/14-10/16. Friday evening, Saturday afternoon and evening, and Sunday afternoon. Gillette Shows will offer carnival rides for all ages in Cove Park on State Street in Old Wethersfield. The picturesque setting will include rides such as a ferris wheel, carousel, and other exotic rides. This fundraiser will include a concession area where food, snacks, soft drinks, beer and wine will be sold.

## 9/11 CENTER SATURDAY OPEN GYM

This program offers supervised open gym time for pick-up basketball and other activities. Schedule: 10:30A-12P: Grades K-3 (parents welcome); 12:30-2P: Grades 4-6; 2p-3:30p: Middle School students. Registration is preferred, but not required. No Fee. Min/Max: 4/50. Pitkin Community Center. Gym closed: 12/24 & 12/31.

Date	Day	Time	Res/NonRes	Code
12/3-3/25	Sa	10:30A-3:30P	Free	305140-01

## VACATION GYM DAY- DECEMBER 28, 2016

2-12 years old. Join us for a fun filled day of games, sports and fun activities at the 9/11 Memorial Sports Center.

Schedule:

9:00 -10:00 A	2 to 4 year olds with parent
10:30A -12:00 P	5 to 7 year olds
1:00 – 3:00 P	8 to 12 year olds.

Donation: \$1.00 at the door

**Call the Community Center office at 860 721-2950 in December to reserve your spot.**



## NEW! Keane on Kids After School Enrichment Programs



After much collaboration and hard work, the newly developed Keane on Kids After School Enrichment Program will launch this fall, working in partnership with Richard M. Keane Foundation, Wethersfield Parks and Recreation, the Wethersfield Schools Parent Council, the individual Elementary School PTO's, and the Wethersfield Public Schools. Keane on Kids After School Enrichment Program's vision is to consistently provide a variety of After School Enrichment programs at all Wethersfield Elementary Schools in a safe and fun environment in which children can participate in athletic, academic, and social programs with the support and guidance of caring adults. Children at all Wethersfield Elementary Schools are welcome to participate. Registration for each activity is through the Wethersfield Parks and Recreation Department. **Online registration for all programs is available at [wethersfieldct.gov/recreation](http://wethersfieldct.gov/recreation).** Those who are preregistered in the Keane on Kids After School Enrichment program can enjoy a chosen activity for an hour after dismissal time. Children may sign up for one day or multiple days (depending upon program availability at each individual school).

The Keane on Kids After School Enrichment Director, Caroline Fazzina, has designed programs with suggestions from parents and school administration in mind, while also providing a wide variety of programs for students with different interests. Programs will vary seasonally at each school. In addition there will be a site coordinator at each school who will greet the children at the end of the school day, ensure that the after school program runs smoothly, and monitor safe dismissal at the end of the program. The following pages list the offerings at each school for the fall. Remember, you can only register for programs offered at YOUR school.







## Charles Wright

### Keane on Kids After School Program

Sponsored by the R.M. Keane Foundation



#### GYM GAMES

Students will play different gym games that promote physical fitness and cooperation. Min/Max: 10/20. Charles Wright School. No class 11/8 & 11/22.

Date	Day	Time	Fee	Code
<b>Grades K-2</b>				
9/13-10/18	Tu	3:00-4:00P	\$30	211215-01
<b>Grades 3-6</b>				
11/1-12/20	Tu	3:00-4:00P	\$30	311215-01

#### DRAMA

Grades 4-6. Students play improvisational theater games while learning the tools to think on their feet. Explore spontaneity, character development and ensemble building skills in this fast paced and exciting class. Taught by Hartford Stage teaching artists. Min/Max: 15/20. Charles Wright School. No class 10/25 & 11/8.

Date	Day	Time	Fee	Code
9/13-11/15	Tu	3:00-4:00P	\$60	211155-01

#### KIDS YOGA ADVENTURE

Grades K-2. Kids Yoga Adventure is a fun way for young children with varying abilities to use their imagination and body to travel to exciting places. This class incorporates traditional yoga poses and many new twists. Min/Max: 5/15. Charles Wright School. No class 11/9 & 11/23.

Date	Day	Time	Fee	Code
11/2-12/21	W	3:00-4:00P	\$40	311190-01

#### YOGA

Grades 4-6. Encourage play and self-expression while building strength, focus and coordination. Children will explore yoga postures, breathing and relaxation techniques. Min/Max: 5/10. Charles Wright School. No class 11/10 & 11/24.

Date	Day	Time	Fee	Code
11/3-12/22	Th	3:00-4:00P	\$40	311205-01

#### COOKING

For students interested in culinary arts and cooking. Demonstrations, nutrition education and hands-on classes on the preparation of salads, hand stretched pizza and healthy snacks. Hosted by Wethersfield Dining Service's chefs and dietitians. Min/Max: 5/12. Charles Wright School.

Date	Day	Time	Fee	Code
<b>Grades 1-3</b>				
9/14-9/28	W	3:00-4:00P	\$35	211065-01
<b>Grades 4-6</b>				
10/5-10/19	W	3:00-4:00P	\$35	211065-02

#### MAD SCIENCE SECRET AGENT

Grades K-5. Step into the shoes of a detective and uncover the science involved in evidence gathering and analysis. Become a super spy and learn clever ways of performing tasks in this hands-on view of the science used by spies. Children will get a spy detective related take home project each week. Min/Max: 12/21. Charles Wright School.

Date	Day	Time	Fee	Code
9/15-10/20	Th	3:00-4:00P	\$89	211310-01

#### RUNNING CLUB

Grades 3-6. This program will develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in the Mikey's Place 5K on October 16. Min/Max: 5/50. Charles Wright School.

Date	Day	Time	Fee	Code
9/7-10/12	W	3:00-4:00P	\$10	233040-01





## Emerson Williams

### Keane on Kids After School Program

Sponsored by the R.M. Keane Foundation



#### MAD SCIENCE SECRET AGENT

Grades K-5. Step into the shoes of a detective and uncover the science involved in evidence gathering and analysis. Become a super spy and learn clever ways of performing tasks in this hands-on view of the science used by spies. Children will get a spy detective related take home project each week. Min/Max: 12/21. Emerson Williams School. No class 11/9 & 11/23.

Date	Day	Time	Fee	Code
11/2-12/21	W	3:00-4:00P	\$89	312310-01

#### KID'S DANCE CLUB

Grades K-3. Young dancers will learn choreographed, high energy dance routines to popular upbeat, age appropriate music. Bring lots of energy for loads of fun. All ability levels are welcome. Min/Max: 6/20. Emerson Williams School. No class 11/24.

Date	Day	Time	Fee	Code
11/17-12/15	Th	3:00-4:00P	\$40	312130-01

#### COOKING

Chef Katy from Manchester Community College will introduce children to the basics of nutrition. They will learn how to make healthy choices and will walk away knowing how to make granola bites, chicken quesadillas and fruit smoothies. Min/Max: 5/15. Emerson Williams School. No class 10/27.

Date	Day	Time	Fee	Code
<b>Grades 4-6</b>				
9/15-9/29	Th	3:00-4:00P	\$35	212065-01
<b>Grades 1-3</b>				
10/13-11/3	Th	3:00-4:00P	\$35	212065-02

#### CHESS CLUB

Grades K-6. Learn to play the game of chess. This is for players that want to learn new strategies and ways to win as well as other chess secrets. Beginners are welcome. Learn all the basic moves of the chess pieces, their values, piece interaction, and how to win (checkmate). Min/Max: 10/15. Emerson Williams School.

Date	Day	Time	Fee	Code
9/15-10/20	Th	3:00-4:00P	\$72	212035-01

#### RUNNING CLUB

Grades 3-6. This program will develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in the Mikey's Place 5K on October 16. Min/Max: 5/50. Emerson Williams School.

Date	Day	Time	Fee	Code
9/6-10/11	Tu	3:15-4:15P	\$10	233041-01



#### AFTERSCHOOL MINI MOVERS

This is a great opportunity for students to increase their fitness level through their participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting physical activities. Taught by physical education teacher Jim Coursey. Min/Max: 12/24. Emerson Williams School. No class 10/10 & 11/23.

Date	Day	Time	Fee	Code
<b>Grades K-2</b>				
9/12-10/24	M	3:15-4:15P	\$60	208530-01
11/14-12/19	M	3:15-4:15P	\$60	308530-01
<b>Grades 3-6</b>				
9/14-10/19	W	3:15-4:15P	\$60	208531-01
11/9-12/21	W	3:15-4:15P	\$60	308531-01





## Highcrest

### Keane on Kids After School Program

Sponsored by the R.M. Keane Foundation



#### ART ADVENTURES

Grades 1-3. Students will create four different works of art. They will work with all types of mediums and be encouraged to be creative and have fun. Min/Max: 8/12.

Highcrest School.

Date	Day	Time	Fee	Code
9/13-10/4	Tu	3:25-4:25P	\$25	214005-01

#### ART EXPLORERS

Grades 4-6. Students will create two detailed works of art exploring use of several different mediums. No talent required, only eagerness to learn and express yourself creatively. Min/Max: 8/20.

Highcrest School. No class 10/25 & 11/8.

Date	Day	Time	Fee	Code
10/11-11/15	Tu	3:25-4:25P	\$25	214009-01

#### COOKING

Chef Katy from Manchester Community College will introduce children to the basics of nutrition. They will learn how to make healthy choices and will walk away knowing how to make granola bites, chicken quesadillas and fruit smoothies. Min/Max: 5/15. Highcrest School.

No class 11/8 & 11/22.

Date	Day	Time	Fee	Code
<b>Grades 1-3</b>				
11/1-11/29	Tu	3:25-4:25P	\$35	314065-01
<b>Grades 4-6</b>				
12/6-12/20	Tu	3:25-4:25P	\$35	314065-02

#### MAD SCIENCE SECRET AGENT

Grades K-5. Step into the shoes of a detective and uncover the science involved in evidence gathering and analysis. Become a super spy and learn clever ways of performing tasks in this hands-on view of the science used by spies. Children will get a spy detective related take home project each week. Min/Max: 12/21. Highcrest School.

No class 10/26, 11/9, 11/23.

Date	Day	Time	Fee	Code
10/5-11/30	W	3:25-4:25P	\$89	214310-01

#### INTRODUCTION TO DRAMA

Grades 1-3. A Hartford Stage teaching artist will work with students to teach them the foundations of acting. Learn how to build an ensemble, develop a character, practice proper vocal and movement techniques, and strengthen concentration and focus skills while working toward a small performance for parents and friends. Min/Max: 15/20.

Highcrest School. No class 10/27 & 11/10.

Date	Day	Time	Fee	Code
9/15-11/17	Th	3:25-4:25P	\$60	214160-01

#### RUNNING CLUB

Grades 3-6. This program will develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in the Mikey's Place 5K on October 16. Min/Max: 5/50. Highcrest School.



Date	Day	Time	Fee	Code
9/9-10/14	F	3:15-4:15P	\$10	233043-01

#### SUPER ATHLETES

This is a great opportunity for students to increase their fitness level through their participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting physical activities. Taught by physical education teacher Kevin Kobelski. Min/Max: 15/30. Highcrest School. No class 10/10 & 11/24.

Date	Day	Time	Fee	Code
<b>Grades K-2</b>				
9/12-10/24	M	3:25-4:25P	\$60	208540-01
11/14-12/19	M	3:25-4:25P	\$60	308540-01
<b>Grades 3-6</b>				
9/15-10/20	Th	3:25-4:25P	\$60	208541-01
11/3-12/15	Th	3:25-4:25P	\$60	308541-01





## Webb

### Keane on Kids After School Program

Sponsored by the R.M. Keane Foundation



#### GYM GAMES

Students will play different gym games promoting physical fitness and cooperation. Min/Max: 10/20. Webb School. No class 11/7 & 11/21.

Date	Day	Time	Fee	Code
<b>Grades K-2</b>				
9/12-10/17	M	3:25-4:25P	\$30	215215-01
<b>Grades 3-6</b>				
10/31-12/19	M	3:25-4:25P	\$30	215215-02

#### ART CLUB

Grades 4-6. Do you like art? Do you like to paint? Join Ms. Ripa after school for Art Club. Learn how to design, plan, and create a mural that will live forever in Webb School. Spots are limited and offered only to students in 4th, 5th and 6th grade. Min/Max: 5/10. Webb School.

Date	Day	Time	Fee	Code
9/12-10/17	M	3:25-4:25P	\$40	215007-01

#### WILDCAT ALL-STAR BAND

Grades 5-6. Students will learn to play popular songs from the 50's through today. Learn a different style of music while learning how to play songs by ear. **Students must have at least one year of experience on their instrument.** Min/Max: 5/30. Webb School. No class 11/9 & 11/23.

Date	Day	Time	Fee	Code
11/2-12/21	W	3:25-4:25P	\$60	315340-01

#### COOKING

For students interested in culinary arts and cooking. Demonstrations, nutrition education and hands-on classes on the preparation of salads, hand stretched pizza and healthy snacks. Hosted by Wethersfield Dining Service's chefs and dietitians. Min/Max: 5/15. Webb School.

Date	Day	Time	Fee	Code
<b>Grades 1-3</b>				
9/15-9/29	Th	3:25-4:25P	\$35	215065-01
<b>Grades 4-6</b>				
10/6-10/20	Th	3:25-4:25P	\$35	215065-02

#### KIDS YOGA ADVENTURE

Grades K-2. Kids Yoga Adventure is a fun way for young children with varying abilities to use their imagination and body to travel to exciting places. This class incorporates traditional yoga poses and many new twists. Min/Max: 4/12. Webb School. No class 11/10 & 11/24.

Date	Day	Time	Fee	Code
11/3-12/22	Th	3:25-4:25P	\$40	315190-01

#### RUNNING CLUB

Grades 3-6. This program will develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in the Mikey's Place 5K on October 16. Min/Max: 5/50. Webb School.



Date	Day	Time	Fee	Code
9/7-10/12	W	3:25-4:25P	\$10	233044-01







## Hanmer

### Keane on Kids After School Program

Sponsored by the R.M. Keane Foundation



#### ART - SIMPLE CARTOON CHARACTERS

Grades 1-3. Students will learn the basic step by step procedures in drawing dynamic cartoon characters. They will start off by drawing rough draft using basic shapes and forms, and finish by coloring in their characters with crayons or colored pencils. Taught by an artist from Wethersfield Academy for the Arts. Min/Max: 6/15. Hanmer School. No class 11/22.

Date	Day	Time	Fee	Code
11/15-12/13	Tu	3:25-4:25P	\$50	313020-01

#### COOKING

Chef Katy from Manchester Community College will introduce children to the basics of nutrition. They will learn how to make healthy choices and will walk away knowing how to make granola bites, chicken quesadillas and fruit smoothies. Min/Max: 5/15. Hanmer School.

Date	Day	Time	Fee	Code
<b>Grades 4-6</b>				
9/14-9/28	W	3:25-4:25P	\$35	213065-01
<b>Grades 1-3</b>				
10/5-10/19	W	3:25-4:25P	\$35	213065-02

#### DRAMA - READER'S THEATER

Grades 1-3. A Hartford Stage teaching artist will work with students to create, rehearse, and perform Reader's Theater scripts based on favorite stories. Students perform a play with script in hand, so the emphasis is on reading and fluency – including speaking with accuracy and at an appropriate rate, and with expression and purpose. The program will end with a short performance for parents and friends. Min/Max: 15/20. Hanmer School. No class 10/27 & 11/10.

Date	Day	Time	Fee	Code
9/15-11/17	Th	3:25-4:25P	\$60	213170-01

#### DRAMA - COMEDY IMPROVISATION

Grades 4-6. Students play improvisational theater games while learning the tools to think on their feet. They will explore spontaneity, character development and character building skills in this fast paced and exciting class. Taught by Hartford Stage teaching artists. Min/Max: 15/20. Hanmer School. No class 10/25 & 11/8.

Date	Day	Time	Fee	Code
9/13-11/15	Tu	3:25-4:25P	\$60	213155-01



#### ART - STILL LIFE

Grades 4-6. Students will draw from “real life” (still life) a tea kettle, vase, etc. starting with the fundamentals of drawing objects. Using simple shapes, the students will be instructed in a step by step procedure of replicating the object in front of them. Bring that object to life by using their imagination and different color combinations of their choosing rather than copying the color on the object. Taught by an artist from Wethersfield Academy for the Arts. Min/Max: 6/15. Hanmer School.

Date	Day	Time	Fee	Code
12/1-12/22	Th	3:25-4:25P	\$50	313021-01

#### BOARD GAME CLUB

Grades 1-6. Students will be able to play a wide variety of age appropriate games. Learn how to read rules and follow directions, and the importance of good gamesmanship all while having a lot of fun. Min/Max: 6/20. Hanmer School. No class 11/9 & 11/23.

Date	Day	Time	Fee	Code
11/2-12/21	W	3:25-4:25P	\$20	313034-01

#### RUNNING CLUB

Grades 3-6. This program will develop and encourage children of all running abilities to progress from their current level to completing a 5K (3.1 miles). Set goals and build up endurance and self-esteem while preparing to participate (run, jog or walk) in the Mikey's Place 5K on October 16. Min/Max: 5/50. Hanmer School.



Date	Day	Time	Fee	Code
9/9-10/14	F	3:25-4:25P	\$10	233042-01

#### AFTERNOON ATHLETES

This is a great opportunity for students to increase their fitness level through their participation in educational games. Each session will focus on developing students' flexibility, muscular strength and aerobic endurance by participating in fun and exciting physical activities. Taught by physical education teacher Jonathan Diaz. Min/Max: 12/24. Hanmer School. No class 11/23 & 11/24.

Date	Day	Time	Fee	Code
<b>Grades K-2</b>				
9/14-10/19	W	3:25-4:25P	\$60	208520-01
11/2-12/14	W	3:25-4:25P	\$60	308520-01
<b>Grades 3-6</b>				
9/15-10/20	Th	3:25-4:25P	\$60	208521-01
11/3-12/15	Th	3:25-4:25P	\$60	308521-01

# Registration Policies

## TO REGISTER

Registration for residents and Friends of the Nature Center begins Wednesday, 8/31, at 8:00A and for non-residents Thursday, 9/1, at 8:00A. Exceptions are indicated in the program descriptions.

**Class participant must be registered under the household in which they reside.**

**Sometimes a class must be cancelled due to lack of enrollment. Please register early to avoid disappointment.**

**Online:** [wethersfieldct.gov/recreation](http://wethersfieldct.gov/recreation). You must be a registered household with a user name and password. Note: 75% of the spaces in each class are available.

**By mail or in person:** Use the registration form on the back page. Copies are accepted. Submit forms by mail or drop off at Parks & Recreation or Pitkin Community Center. Forms received by mail or in person in the office will be processed randomly. Registration forms will be accepted one week prior to start of registration.

**Fax or phone registrations are not accepted.**

## HOW TO BECOME A REGISTERED HOUSEHOLD

Register online at [wethersfieldct.gov/recreation](http://wethersfieldct.gov/recreation). Once your household is entered in the database, you will receive a user name and password by the next business day to begin registering online.



## PAYMENT

Online registration may be made by MasterCard or VISA credit or debit card. Registration forms submitted by mail or in person must include payment. Accepted methods of payment are cash, check or money order, MasterCard or VISA credit or debit card.

## REFUNDS & CANCELLATIONS

Parks & Recreation reserves the right to cancel programs and issue refunds due to insufficient registrants or causes beyond its control. Refunds will be automatic if a session is cancelled.

**Refund requests must be received prior to the start of a class during office hours. A \$10 per class processing fee will be deducted.**

**Refunds will not be given after a program has begun.**

## CANCELLATIONS

Cancellations due to inclement weather will be announced on WNBC-30 and the Parks & Recreation info line at 860 721-2890.

If Wethersfield schools open late, then programs beginning before 10:00A are canceled.

If the schools close, programs beginning 6:30A-4:30P are canceled.

If the schools close early, afternoon cancellations will be announced by 1:00P.

Evening cancellations will be announced by 4:45P.

Weekend cancellations will be announced by 8:00A.

## FINANCIAL ASSISTANCE FOR RESIDENTS

Contact Parks & Recreation for further information.

## WAIVER

If you have a physical limitation, it is your responsibility to obtain a statement from your doctor approving your participation in a program. Parks & Recreation complies with the Americans Disabilities Act by making reasonable accommodations in its programs to enable participation by people with disabilities who meet essential eligibility requirements for the specific programs and facilities.

## Therapeutic Recreation Supplemental Registration Form

*Please be specific when providing the following information, and submit with your Registration Form.*

Participant's Name \_\_\_\_\_

Primary Disability \_\_\_\_\_

Any Assistive or Adaptive Device(s) used \_\_\_\_\_

Any Medications \_\_\_\_\_

Side Effects Staff should be Aware of \_\_\_\_\_

Allergies \_\_\_\_\_

Special Considerations Not Mentioned Above (especially related to medical or behavioral needs) \_\_\_\_\_

Special Interests \_\_\_\_\_

Goals You Wish to See from this Program \_\_\_\_\_

I give my permission for transportation to be provided in an authorized town vehicle to TR activities. Yes \_\_\_\_ No \_\_\_\_

Participant Signature (or Parent/Guardian) \_\_\_\_\_

Date \_\_\_\_\_



## Keane on Kids After School Program Supplemental Registration Form

*Please be specific when providing the following information, and submit with your registration form.*

Participant's Name \_\_\_\_\_

Participant's School Teacher's Name \_\_\_\_\_

Does the participant have any special medical needs? \_\_\_\_\_

If someone other than parent/guardian is picking up the participant, please indicate here:

Name \_\_\_\_\_

Phone number (during after school hours) \_\_\_\_\_

Will your student be walking home? (Circle one) Yes No

## Youth Services a.s.A.p. Supplemental Registration Form

Student's first and last name: \_\_\_\_\_

I give permission for the student named above to be photographed during his/her a.s.A.p. class. These photos may be used for the promotion of the a.s.A.p. program or in any SDMS publications such as the Yearbook or The Deane Scene. Yes \_\_\_\_ No \_\_\_\_

The student named above has my permission to be transported in an authorized Town vehicle for their a.s.A.p. class and activities if indicated. Yes \_\_\_\_ No \_\_\_\_

Parent's name (printed) \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

## Friends of the Eleanor Buck Wolf Nature Center Supplemental Membership Form

*Please submit with your Registration Form. Attach a separate check payable to "Friends of the EBWNC."*

Please indicate membership type: ☐ Renewal ☐ New

Name: \_\_\_\_\_

(Adult's name, if minor): \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

The Friends is an IRS 501-c3 not-for-profit corporation. Contributions are tax deductible to the extent permitted by law.

### Annual Memberships

	Individual	Family
Friend of Nature	<input type="checkbox"/> \$15	<input type="checkbox"/> \$25
Special Friend of Nature	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40
Nature Lover	<input type="checkbox"/> \$45	<input type="checkbox"/> \$55
Guardian of Nature	<input type="checkbox"/> \$60	<input type="checkbox"/> \$70
Senior (individual or couple 65+)		<input type="checkbox"/> \$10
Group (nonprofit, school class, scout troop)		<input type="checkbox"/> \$40
Corporate Sponsorship		<input type="checkbox"/> \$100+

### Lifetime Memberships

Individual or Senior (indiv. or couple 65+)	<input type="checkbox"/> \$500
Family	<input type="checkbox"/> \$1,000

**Wethersfield Parks & Recreation Department**

505 Silas Deane Highway, Wethersfield, CT 06109 Phone: (860) 721-2890 wethersfieldct.gov/recreation  
Activity Registration Form

**HOUSEHOLD CONTACT INFORMATION – PLEASE FILL OUT COMPLETELY**

Adult First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Adult First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_  
 Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Work Phone \_\_\_\_\_ Email Address \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

**PROGRAM REGISTRATION**

Participant	M/F	DOB	Grade	Program Name	Program Code	Fee

Special Information (allergies, medical conditions, medications, etc.) \_\_\_\_\_

**POOL PASS****Individual Pass - \$30****Family Pass - \$45** (Limited to 2 adults and the children living in household)

Office use: Pool Pass # \_\_\_\_\_

Individual Pass - First & Last Name	Age	DOB

	Family Pass - Name	Age	DOB	Family Pass Name	Age	DOB
Adult 1						
Adult 2						

**WAIVER - READ CAREFULLY AND SIGN BELOW**

I acknowledge there are certain risks in participating in a recreational activity and agree to assume the risk of injury which I and/or my child may encounter. I grant permission to seek emergency, medical care on behalf of myself and/or child. (Medical approval is suggested for those participating in any exercise class.) I further agree I will not hold employees of the Town of Wethersfield or its agents liable for any injuries which I and/or my child may encounter. I grant permission for transportation in authorized vehicles for Parks & Recreation activities. I grant permission for photographs to be taken for program publicity unless otherwise noted in writing. In addition, I acknowledge all household information provided is true and accurate. The Parks & Recreation Department may request further verification regarding the information provided.

Adult Signature: \_\_\_\_\_ Date \_\_\_\_\_

**PAYMENT INFORMATION**

Payment Type: ☐ Check # \_\_\_\_\_ ☐ Cash \_\_\_\_\_ ☐ Credit Card

**Activity Fees Subtotal** \$ \_\_\_\_\_

**Donation for camp fund** (Provides assistance for families unable to afford program fees.)

**Donation** + \_\_\_\_\_  
(optional)

Credit Card Signature \_\_\_\_\_ Date \_\_\_\_\_ **Total Amount** \$ \_\_\_\_\_

I agree to pay the total amount according to the cardholder agreement. Please refer to refund policy in brochure.

☐ Visa ☐ Mastercard \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_